



Avoiding West Nile Virus

What is it?

- West Nile virus can be a serious, even fatal, illness. It can affect people and animals.
- A bite from an infected mosquito spreads West Nile virus.
- Contact with infected people or animals doesn't spread West Nile virus.
- Symptoms start 2 to 15 days after being bitten.
- Only 1 in 5 people bitten by a sick mosquito will have symptoms.



Symptoms

- Headache
- Vomiting
- Fever
- Diarrhea
- Body Aches
- Joint Pain
- Only 1% of ill people will develop a very serious encephalitis (inflammation of the brain)

Prevent Breeding Areas and Prevent Bites

- Remove breeding areas by getting rid of old vehicles and other garbage quickly.
- Keep lawn or grass mowed or short.
- Put a screen on rain barrels.
- Clean out pet containers weekly and drain anything that holds standing water.
- Slope your yard so water runs away from the house.
- Use 'Deet' or 'icaridin' containing insect repellent (do not use Deet on babies under 6 months).
- Stay indoors at dawn and dusk.
- Wear long sleeved shirts and full length pants outside.
- Use a screen or mesh on baby stroller.
- Screen house windows and doors.